

Well-being and engagement



Name: Carolyn Mavretish

Course of study: Master of Landscape Architecture

Age: 25

Home country: United States

Interests: hiking and trail running, gardening, cooking, singing and playing guitar, yoga, and puzzles

Kia ora, my name is Carolyn, an international post-grad student going into my second year of study at Lincoln. I believe in the importance of taking care of ourselves and one another to form a strong, strong, resilient community and I would love to have a platform to strengthen that community here at Lincoln. I envision lowering the barrier to entry of mental health services by hosting a meet-and-greet panel with the available counsellors, additional yoga courses at the gym focused on meditation, providing students with care packages during stressful times like exams, and hosting cozy events during winter such as craft nights and book clubs. I want students to know that it is ok to reach out for help when struggling, and believe that Lincoln has lots of available resources such as Inclusive Education, a sensory room, and a very supportive student body who sometimes lack the knowledge of how to make the best use of these resources. Additionally, I would love to increase student engagement with the RAM through spontaneous interviews, student/staff highlights, inviting students to comment on issues LUSA is working through at the time, and holding writing competitions. Lincoln should be a safe place that feels like home to not only those who come from Canterbury but for international student, postgraduate students, undergraduate students, and I am dedicated to working toward fostering that environment.